

Variable	Mean		SD		t		p		Effect size	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Age	30.5	30.5	4.5	4.5	0.0	0.0	1.00	1.00	0.00	0.00
Gender	50%	50%	0.5	0.5	0.0	0.0	1.00	1.00	0.00	0.00
Marital status	50%	50%	0.5	0.5	0.0	0.0	1.00	1.00	0.00	0.00
Education	12.5	12.5	1.5	1.5	0.0	0.0	1.00	1.00	0.00	0.00
Income	15.0	15.0	2.0	2.0	0.0	0.0	1.00	1.00	0.00	0.00
Occupation	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Religion	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Political affiliation	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Health status	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Stress level	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Life satisfaction	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Self-esteem	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Depression	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Anxiety	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Resilience	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Optimism	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Gratitude	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Forgiveness	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Empathy	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Compassion	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Kindness	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Generosity	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Patience	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Humility	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Modesty	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Shyness	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Introversion	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Extroversion	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Sensitivity	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Emotional stability	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Neuroticism	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Conscientiousness	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Agreeableness	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Openness to experience	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Curiosity	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00
Imagination	1.0	1.0	1.0	1.0	0.0	0.0	1.00	1.00	0.00	0.00